

ABSTRACT

Devices and methods compress cancellous bone. In one arrangement, the devices and methods make use of an expandable body that includes an internal restraint coupled to the body. The internal restraint directs expansion of the body. In one arrangement, a method for treating bone inserts the device having the internal restraint inside bone and causes directed expansion of the body in cancellous bone. Cancellous bone is compacted by the directed expansion.

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